

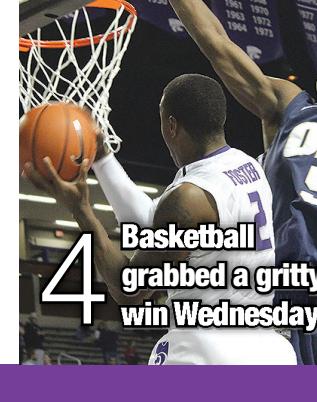


thursday, november 14, 2013

the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

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VOL. 119 NO. 59

kstatecollegian.com

Tomorrow:
High: 60 °F
Low: 49 °FSaturday:
High: 67 °F
Low: 48 °F

02

Send it on
The Forum
encourages a good
deed to readers

03

Unfortunately common
Mental health issues
pervade college
campuses nationwide

05

Read the responses
Check out more features
of student design and
more

New drug moving into midwest region

Cheyanna Colborn
staff writer

Generally, when people talk about the latest trends on campus, they may recognize the leggings, boots and baggy sweater fashion statement that seems to have taken hold, or the use of the phrase "turned up." But there could be a trend making its way to K-State and the midwest that would have a much more catastrophic effect.

A dangerous chemical compound that creates hallucinatory effects similar to that of LSD has become a new drug craze in the United States. It goes by the name of N-Bomb, Smiles, and is sometimes called fake acid.

Though it make be called fake, the consequences could end up being very real.

"LSD is incredibly dangerous; anything synthetic is worse because people are making them," Matthew Droke, public information officer for the Riley County Police Department, said. "Say someone is making methamphetamine, for example. Essentially, they are just mixing chemicals. This could result in fire or outright kill a person taking the drug, or

on a smaller scale, cause medical problems."

In terms of trending drugs or synthetic drugs, the K-State Police Department has only seen a small increase in the use of bath salts and illegal prescription drug use. There have been no reported

The popularity of narcotics, stimulants and hallucinogens tends to travel across the country and become popular in different areas in waves. This seems to be the case with this new, deadly, synthetic LSD. However, law enforcement is hopeful that synthet-

drugs. This would lead to an entirely different case.

The biggest concern with new drugs is that many do not release an odor when a person is using them to get high, so it can often be difficult for law enforcement to be notified of an issue.

The department relies on reports of persons using drugs or abusing prescription drugs. Often, theft or reported theft of prescription drugs is an indicator that there is an addiction concern or that someone who knows there is medication in the room steals it for personal use.

A continual issue among many college campuses is illegal sale of medications that may be easier for college students to procure such as Ritalin, Adderall and other attention deficit disorder and attention deficit hyperactivity disorder medications.

"[ADD/ADHD] medications are sold to be a study enhancer," Stubbings said.

Capt. Don Stubbings, head of the K-State Police Department, said that if there is an issue with a new synthetic version of LSD on campus, it is not being brought to the department's attention.

"In terms of trending drugs or synthetic drugs, the K-State Police Department has only seen a small increase in the use of bath salts and illegal prescription drug use. There have been no reported cases involving the use of synthetic LSD on campus."

cases involving the use of synthetic LSD on campus.

"I do not understand how people can do drugs with the information that is available to them," Darrah Tinkler, junior in pre-psychology, said. "It is ridiculous to think that people would risk so much just to get high."

The two major drugs that are currently of concern within Riley County are marijuana and methamphetamine.

ic LSD will not become the new drug craze in Manhattan.

Being close to I-70 means that there is potential for large amounts of narcotics to be transported near K-State and within Riley County.

"A lot of crime we come across has a lot of drugs related to them," Droke said.

An officer could easily be working an aggravated battery 911 call, for example, and end up finding

One-man show portrays Medal of Honor recipients

Jerry Yaussi
staff writer

With Veteran's Day on Monday, the contributions and sacrifices that soldiers make for their country are still fresh in people's minds. Last night, only two days later, McCain Auditorium hosted the one-man show "Beyond Glory," acted out by Stephen Lang, award-winning actor known best for his role as Colonel Miles Quaritch in James Cameron's "Avatar."

"Beyond Glory" is an adaptation of Larry Smith's book of the same name. In the production, Lang acts out the perspectives of eight American Medal of Honor recipients from World War II, the Korean War, and the Vietnam War.

"I believe this performance will cause people in attendance to reflect on their own feelings, on the concepts of bravery, courage, and even leadership," Todd Holmberg, McCain executive director, said. "There are themes that can be taken out of the context of the battlefield and used as inspiration to overcome difficulty in all other challenges of life, no matter how big or small."

Lang gave a spirited performance, giving each veteran his own distinct voice and characteristics. It had the variety of a traditional theater production.

"To see one man personify the characters of so many interesting Medal of Honor winners will be fascinating from the standpoint of the study of acting as a craft," Holmberg said. "The opportunity to really observe one person explore the subtlety of acting as art is sometimes missed by the viewer with a full cast production."

After the performance, which received a standing ovation, Lang recognized a Medal of Honor recipient in the audience, Charles Hagemeyer. Hagemeyer received his commendation for his actions during the Vietnam War.

"I thought [the show] was great. It was well done," Hagemeyer said. "Like most people, I knew all the people that [Lang] talked about."

To help those unfamiliar with these recipients and their actions, McCain personnel placed several display stands in the entrance area, detailing their histories and merits. After the show, several people gathered around these displays to get to know the veterans featured in the show.

"It was tremendous to see a dramatization of real stories that had happened," said Richard Marston, K-State geology professor. "Everybody has a personal story. Yes, you're in a platoon, you're in a battalion, but each person had their own background, their own story. And they came out of the service two different people. You can't go through that without being changed."

Lang concluded the show by donning a red shirt with the words "Got Bro?" on it, and spoke with reverence and appreciation about his earlier visit to Fort Riley and meeting with the First Infantry Division, commonly known as The Big Red One. Several members of the armed forces were in attendance at the show, and his story and praise earned thunderous applause.

Creative construction: art student works on project



Emily DeShazer | Collegian

Yitian Zeng, senior in art, works the texture of wax to make it look realistic for her sculpture project late Wednesday evening in Willard Hall.

Returning sorority develops plan to re-integrate into K-State

Bridget Beran
staff writer

K-State's greek community will see a new addition this spring, Sigma Sigma Sigma (Tri Sigma), originally founded at K-State in 1982, will recolonize after leaving campus in the 1990's due to membership decline.

Tri Sigma will be the fourth addition to the greek community in the last year, joining three fraternities. According to Brianna Hayes, assistant director for Greek Affairs, the growing amount of women going through formal recruitment and continuous open bidding caused the organization to open

up to new and re-establishing chapters.

"We've seen a lot more people going through recruitment and wanting to join houses, and while houses have gotten larger, we also felt like it would be a good idea to expand the community," Hayes said.

Currently, sororities are required to maintain at least 165 members.

"We are always looking for a good community to grow Tri Sigma," Brittany Parrott, Tri Sigma Extension Coordinator said. "Especially at K-State, we want to provide a home for women who may not have originally thought about going through recruitment or provide

a home for women who might not have found a home elsewhere."

To help with Tri Sigma's recolonization, established chapters will not be allowed to recruit until the beginning of March.

"Just to kind of even the playing field, all 12 chapters have signed an agreement saying that they will wait to recruit," Hayes said.

Tri Sigma's recruitment will feature a formalized week at the beginning of February after they have spent a couple of weeks on campus.

"We'll have an orientation night where we'll explain what it means to be a colony sister.

Then we'll have a service project, and we're looking into organizations in Manhattan that are in line with our ideals and philanthropy," Parrott said. "We'll then have personal meetings that potential members can sign up for to talk to a Tri Sigma representative and really get to know what we're about. Then we'll have sisterhood night, which is similar to preference night of regular recruitment and a little more serious."

Tri Sigma will then take part in formal recruitment the following fall with the other 12 established chapters. They will be required to purchase a house sometime in the near future, though a location has yet to be

determined. Other members of the greek community are optimistic about Tri Sigma's re-colonization.

"It's great to see Tri Sigma be re-established and be a part of the K-State greek community again. They will help us grow and become even stronger," said Allison Dorr, junior in hospitality management and member of Alpha Chi Omega.

Tri Sigma hopes to be a positive contribution to the greek community as well.

"I hope we don't change the community as much as I hope we add to it," Parrott said. "We want to continue to bring women into sorority life and this community."

**Curious who won the Best of Manhattan?
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ACROSS	35 — de deux	55 Scruff	19 Sticky stuff	21 Performance	23 Rental contract	24 Delhi dress	25 Detail, for short	26 Staff	27 Car	28 Entrancing	32 Weapon	33 Tofu provider	35 Black-Berry, e.g.	36 Anger	38 Not at all snug	39 Speedy steeds	42 Met melody	43 Rainout cover	44 Being, to Brutus	45 Chances, for short	46 Meadow	48 Energy				
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29 Consume	30 Future syrup	31 Rhine tributary	32 Pickle container	33 Angry	34 Greek vowel	35 Beak	36 Nerd-pack contents	37 Eggs	38 Not busy	39 Speedy steeds	40 Utah city	41 Money-back offer	42 Met melody	43 Rainout cover	44 Being, to Brutus	45 Hodge-podge	46 Type squares	47 Eggs	48 Energy	49 History chapters	50 Nerd-pack contents	51 Beak	52 Broadcasts	53 Wise one	54 Type squares	55 Scruff

Yesterday's answer 11-14

**Conceptis Sudoku**

By Dave Green



Difficulty Level ★★★★

12/14

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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@kstatecollegian.com.

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THE BLOTER**ARREST REPORTS**

Tuesday Nov. 12

for probation violation. Bond was set at \$2,000.

Linda Faye Simms, of the 800 block of Colorado Street, was booked for criminal threat. Bond was set at \$2,000.

Devoris Antoine Newsom, of Junction City, was booked for probation violation. Bond was set at \$1,000.

Andrew Steven Johnson, of Olathe, was booked

11-14

CRYPTOQUIP

Q V M R A F X L R T Y L Q Y
Y M R C F W C G V K A Y V M G S R C G
V K H S H X G W S N L V R G A W R C
A V Q V R O F W O S A W : R W T

G W S N - N S R C .

Yesterday's Cryptoquip: WHEN YOU PAINT AN INTERVENING SPACE USING AN IVORY SHADE, I WOULD CALL THAT WHITENING THE GAP.

Today's Cryptoquip Clue: L equals 1

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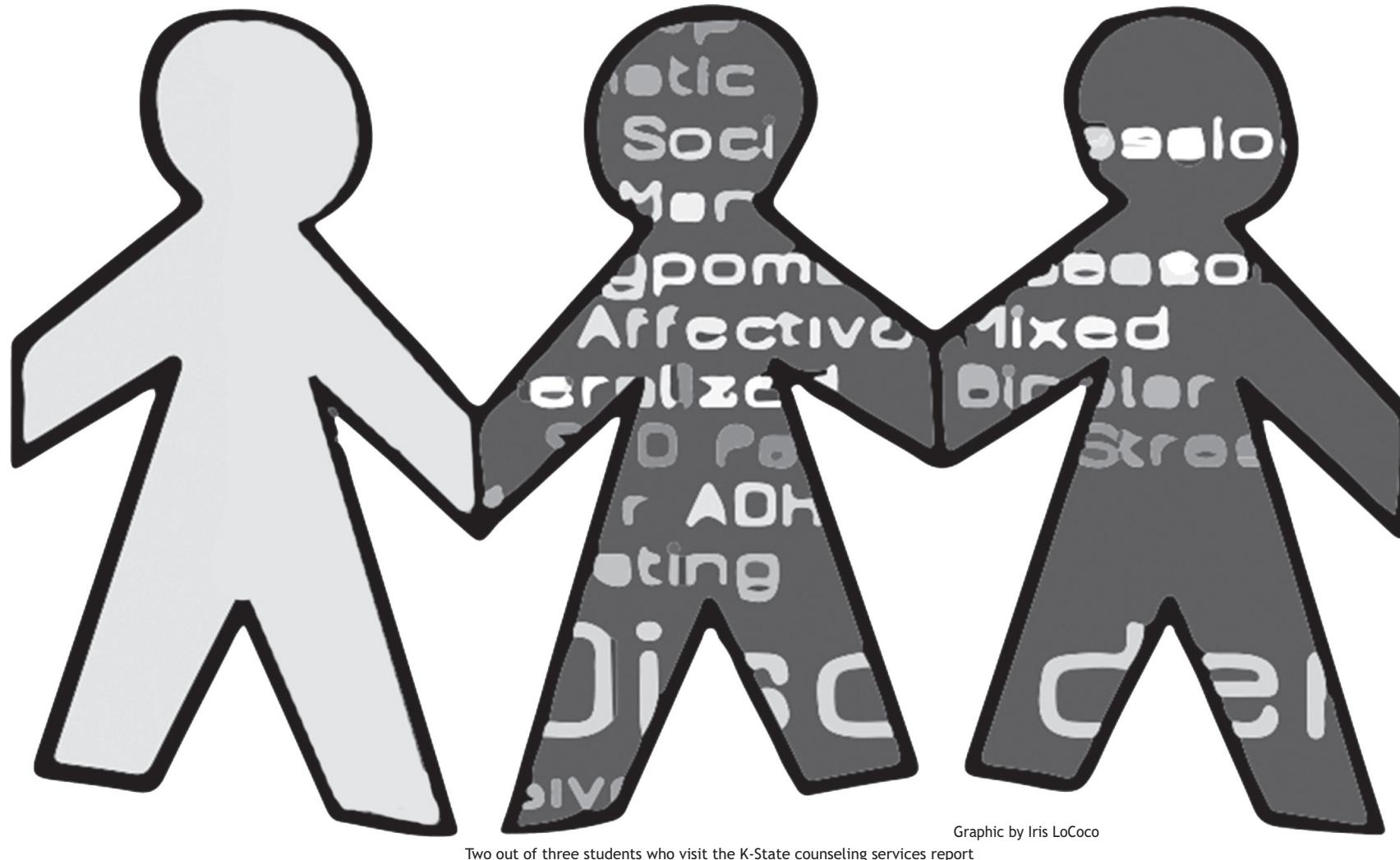
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Mental health issues on rise among college students



Graphic by Iris LoCoco

Two out of three students who visit the K-State counseling services report suffering under a form of mental illness, including extreme stress and worry..

Jakki Thompson
edge editor

For some, going through the daily motions of college life may be more difficult than for others. There are many university students who struggle with mental illness, and the number is continuing to rise.

According to the Centers for Disease Control, mental illness is "collectively all diagnosable mental disorders or health conditions that are characterized by alterations of thinking, mood or behavior [or some combination thereof] associated with distress and/or impacted functioning." Many college students across the nation understand this firsthand.

Joey Hermes, Topeka resident and spring 2012 graduate of Washburn University in Topeka, in psychology, said he was diag-

nosed with clinical depression when he was in high school. He said once he graduated from high school and experienced how hard it was to find a job, it made his depression worse.

"This may sound weird, but for me, it felt like there was something wrong with me," Hermes said. "It's like employers didn't want to hire me, like I was worthless and useless and had no skills."

Hermes isn't the only recent graduate or current college student who suffers from depression. Chase Fox, junior in criminology, also suffers from depression.

"I just wish there were more people to talk with about these things," Fox said. "Not just counseling services, but other people that you can just meet up with at a coffee shop and talk about your day. It would make a person's day, just knowing that someone cares

about [them] being alive enough to sit down and talk with [them] about life."

Mental illness is a serious problem for a large percentage of college students. According to the 2011 American College Health Association Survey, almost one out of every three students reported feeling so depressed within the last 12 months that it was difficult to function. About 45 percent of students felt things were hopeless and 50 percent felt overwhelming anxiety. That means, on any given day, one out of every two people were and are dealing with some kind of mental illness overwhelming enough to affect their daily lives.

"Being in a building for countless hours makes me crazy," Caren Chellgren, third year veterinary medicine student, said. "There were [and have been] many times

I have left school crying or having a panic attack. Everything just tends to build until I break."

With the continuing rise in mental illness, there is no specific answer as to what is causing this phenomenon. Chellgren said she thinks it's because of the pressure to succeed.

"You have to have certain grades to get an internship, but also need to spend time with the instructors to impress them," Chellgren said. "You need to have a job [in your field while still in college] because you need experience in your field."

Fox said he agrees that external factors have a lot to do with college students' mental health. He said there are a lot of external factors like school, life and jobs that all affect our mental health. He said he thinks there are many more cases of mental health prob-

lems that have flown under the radar and that he thinks the rate of mental health problems among college students has increased just based on how our society is.

Chellgren, Fox and Hermes all attend or have attended universities within Kansas. Mallory Nelson, junior in geology and environmental science at Winona State University in Winona, Minn., has spent her entire college career struggling with severe anxiety. She said her anxiety levels fluctuate, but college has definitely made them a major part of her life.

"School asks a lot of me," Nelson said. "My anxieties seem to intensify as things get more demanding. There doesn't seem to be a large support community for any mental health issues, especially when it comes to things outside of

HEALTH | pg. 6

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AIR GUARD

Freshman Foster wills Wildcats to first win of season

John Zetmeir
sports editor

The K-State Wildcats did not start the season the way they wanted to. After losing their season opener to Northern Colorado, K-State rebounded by defeating the Oral Roberts Golden Eagles 71-63 on Wednesday night in Bramlage Coliseum.

To say that the Wildcats (1-1) struggled out of the gate would be putting it mildly. The Golden Eagles (1-1) jumped out to a 16-4 lead before freshman guard Marcus Foster provided the spark that the Wildcats desperately needed.

Foster scored 10 consecutive points for the Wildcats, which propelled K-State on a 10-1 run.

"I just noticed that our team was kind of looking a little sluggish and needed a spark," Foster said. "I think I'm a pretty good scorer, so I took it upon myself to get my team going on offense and it got everybody going and then we just made a run to come back in the game."

K-State finished off their surge with a dunk from forward DJ Johnson with five seconds left in the first half. K-State took a 30-27 lead going into the half. Foster led all scorers at the half with 16 points on 5-of-6 shooting from the field.

"We ended the half better than last game and kept our spirits up in the locker room," Johnson said. "It kind of got everyone going and wanting to do more in the second half."

K-State seized control to start the second half with a 10-2 run. Leading the second-half charge for the Wildcats was forward DJ Johnson. With junior forward Thomas Gipson still sidelined, Johnson remains the Wildcats' only true low-post player at the moment. The sophomore from St. Louis came up big for the Wildcats on the day, finishing with 12 points and seven rebounds.

Oral Roberts would make things interesting in the second half, closing the deficit to 59-53. The Wildcats went stagnant, finding themselves unable to score for nearly five minutes. Foster would not let the Wildcats falter, hitting a big 3-pointer to end the Wildcats' drought. Foster finished the game with 25 points on 9-12 shooting from the field, becoming the first freshman since Michael Beasley to hit that mark.

From there, the Wildcats were able to push their lead back to nine points and ultimately put the nail in the coffin. Last Friday against Northern Colorado, the Wildcats found themselves unable to seal the deal, allowing the Bears to win in Bramlage Coliseum.

"Friday really woke us up that we have to come to play every night," Foster said. "This was a big win for us; we really needed this win. We came out and played hard and competed for 40 minutes and we came out with the win, and so I think this is going to be a turning point for our season."

Oral Roberts had a pair of players reach the 20-point mark. Sophomore guard Obi Emegano finished with 24 while senior forward Shawn Glover added 21 points and nine rebounds. This was Emegano's second consecutive game leading the Golden Eagles in scoring.



Letter from president, provost, dean on American ethnic studies

Administrators respond to an online petition calling for expansion of the American Ethnic Studies program.

To the Students, Faculty and Staff of Kansas State University:

Last spring we had considerable dialogue on campus regarding the status and future of American ethnic studies. Since then we've made significant progress to strengthen this program. The Kansas Board of Regents gave verbal approval for full

department status. We anticipate formal written notification soon.

An electronic petition has been circulating that demands additional changes for American ethnic studies and a more inclusive environment for all. We strive to build a community on campus that listens to concerns and develops thoughtful policies and processes for change.

We hear your concerns about having a critical mass of tenure-track faculty for the program. This year, we welcomed two new faculty

members, including a new director, Yolanda Broyles-González, a university distinguished professor. Following significant state budget cuts in May, an additional search is on hold.

We hear your concerns about space for American ethnic studies in Lreasur Hall. The department head is working with the college to develop a plan to renovate and double the total space.

We hear your concerns about the Arts and Sciences Diversity Committee, which will be canvassing the

college's students and faculty for input on its activities and engagement this semester. Several members are involved in the national search for an assistant dean for diversity, recruiting and retention.

We hear your concerns about the retention and promotion of faculty and staff of color. The university conducted an extensive review of human capital and hiring processes and is restructuring this area, including new leadership. National searches for a human capital officer and a director for equity and

access will be launched in the spring.

We hear your concerns for an expanded multicultural student center and have been working with different student groups to discuss options and plans.

A K-State 2025 university diversity strategic plan is being developed by the chief diversity officer and the President's Commission on Multicultural Affairs. This plan will be released for public comment in late January. We want to be thoughtful and inclusive so that every K-State

member feels ownership of the plan.

We hear your concerns and believe that we are all working to get to the same place, and in an environment of limited resources and space, it will take time to get there.

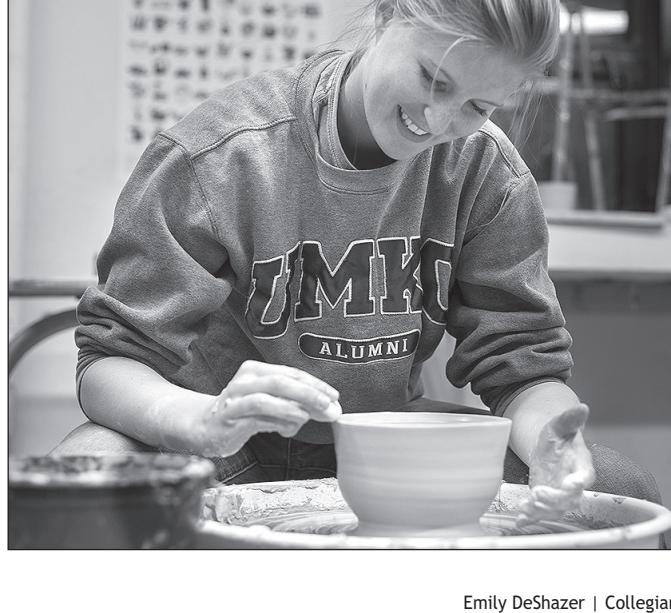
Sincerely,

Kirk Schulz, president

April Mason, senior vice president and provost

Peter Dorhout, dean of the College of Arts and Sciences

Portraits of artists: K-State students work on art projects in Willard



LEFT: Timmy Wolfe, freshman in fine arts, evens the top of his bowl while working on his "six pack" project for his ceramics class. Wolfe said the time in studio working on projects is very therapeutic.

CENTER: Smoothing the rim of her clay bowl on the pottery wheel, Katie Bauer, fifth year architecture student, works on a project for her ceramics class Wednesday night in Willard Hall.

RIGHT: Alyssa Ortiz, senior in graphic design, works on her imagination plate Wednesday night at Willard Hall in the printmaking studio.



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K-State Lafene Health Center

www.k-state.edu/lafene

General Medical Clinic Hours: Appointments recommended,
so please call first
Mon - Fri: 8AM - 6PM
Sat: 10AM - 1PM
785.532.6544

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and every Thursday

The clinic will be open:

8:30 AM - 11:30 AM, and 1:00 PM - 4:00 PM
Students - \$15, All Others - \$20
Injectable (20 minute wait required)
Bring Wildcat ID and insurance card

HEALTH | K-State Counseling Services sees increase in direct contact visits

Continued from page 3

depression. My mental health issues are often written off as me being too intense or too Type-A [personality]."

College students are continually faced with the difficult tasks of being a part of many facets of university life aside from just being a student. Some students are a part of greek houses or chapters, student organizations, hold a job or two or three, or volunteer. Students' time is taken up with a lot outside of academia.

According to a Nov. 5, 2012 article by Ruth Harper and Meghan Peterson from NACADA, the National Academic Advising Institute, "more than 60 percent of entering freshmen indicate that they spent less than six hours per week studying even though 90 percent earned a high school grade point average of B or higher. Inadequate study habits create enormous stress and anxiety for college students."

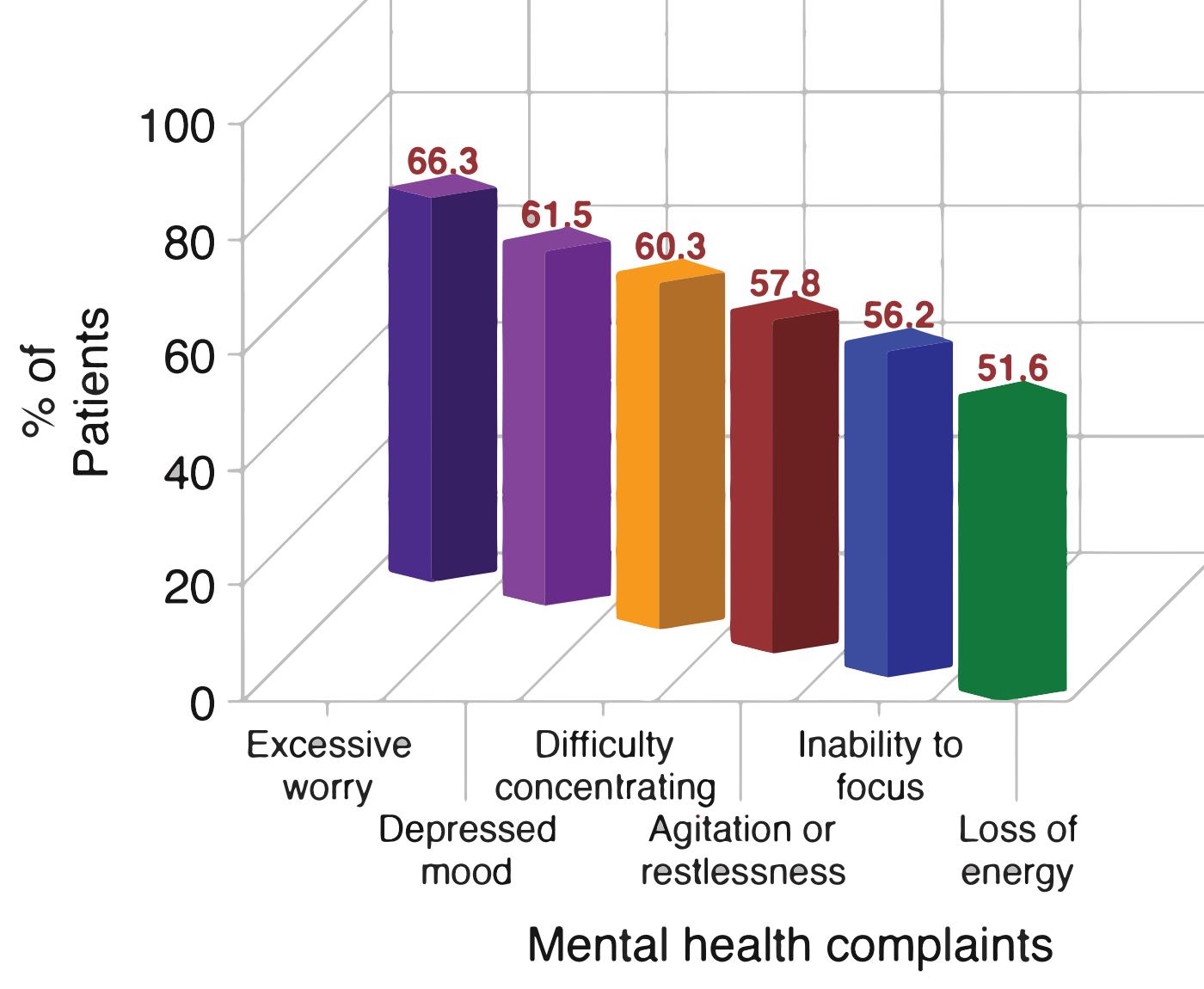
Housed here in Manhattan, NACADA works on making academic advising more beneficial for students. A special section of this institute focuses on mental health and trying to catch triggers and signs early, before the problem becomes severe.

Staff at K-State Counseling Services have observed that students often come into college ill-equipped to deal with the issues that come along with higher education. Kathryn Tolle, licensed psychologist at Counseling Services, said there have been two key narratives shared by students who come in needing emergency help.

"On one hand, there has been an increase in medication and treatment at earlier ages," Tolle said. "Receiving treatment and having that treatment work is important. But coming to college, sometimes that treatment stops because students are caught up in college life. The other [common theme] is the [university] is expanding. We may or may not bring accepting people who are properly equipped to handle college, like even study skills."

Rachel Asmiran, spring 2012 Arizona State University alumna with a degree in psychology and family and human development, has had mood disorders most of her life. She said she has struggled with mental illness since she was 15 years old. Asmiran said she

According to the FY2013 Annual Report by K-State counseling services, the following issues were the most common experienced by counseling services clients:



Mental health complaints

with classes, clubs or another extra work they don't necessarily need to do. Also, make sure to seek out the support they need to get through it all."

Mental health issues among college students who are currently enrolled or have recently graduated is common. Locally, there has been an increase in

seek help, they are more prone to leaving the institution. According to a 2012 report, "College Students Speak: A Survey Report on Mental Health," from the National Alliance on Mental Illness, more than 45 percent of young adults who stopped attending college because of mental health related reasons did not receive accommodations. Fifty percent of them did not access mental health services and support either.

Within a city like Manhattan, there are multiple options for students and community members. On campus, K-State offers Counseling Services. For students, the first four individual session appointments are free, the next five are \$15 an hour, and sessions after the first 10 cost \$25 an hour. For non-K-State students, Pawnee Mental Health, located at 437 Houston St., will work with some insurance companies to see patients and help with mental health needs. If people are in eminent danger, such as physical self-harm or physical harm by someone else, they should call 911 or visit a doctor or emergency room.

"You don't have to be afraid to get help. There is such a stigma to mental illness, and the biggest thing is to admit that you need help. There are so many people who suffer from the same things. You are not alone."

Caren Chellgren

Third year veterinary medicine student

thinks all people are prone to mental health issues but thinks students in college have higher rates of mental illness due to environmental factors like heavy use of drugs and alcohol, stress, peer pressure and overall big changes.

"I had a lot of anxiety [when I was in college] and homework took me a lot longer to do than most people," Asmiran said. "It was also difficult for me to go to class when I was in a depressive episode. People need to take things slow and not feel like they have to overwhelm themselves

people seeking help for mental health problems. According to the K-State Counseling Services 2013 Annual Report, there were 11,233 direct contact visits in 2013, whereas in 2012, there were 10,467. That is 766 more direct service contacts that students, staff and faculty have requested from Counseling Services.

Though college students and the K-State community have requested more services than in previous years, that is not what is reflected nationally. When college students don't

Johnny Kaw's EXPANSION

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